Winnipeg metro

Your essential daily news | WEEKEND, AUGUST 28-30, 2015 | High 28°C/Low 15°C Partly cloudy

'DIE IN HER ARMS'

REBECCA KOHLER ON LOVING CELINE AND RENÉ

metroVIEWS

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CHAIR YOUR IDEA AIMS TO SPUR CREATIVE URBAN DESIGNS metroNEWS

SHANE GIBSON/METRO

NHL player charged with possession

OXYCODONE

Mike Richards due to appear in court in September

Police in Manitoba have charged NHL player Mike Richards with possession of a controlled substance.

The RCMP say he is due to appear in provincial court in Emerson, Man., on Sept. 10.

Police say a 30-year-old man was arrested and released on June 17 after the Emerson RCMP detachment was notified that a controlled substance — reported in media as oxycodone — had been intercepted by Canada Border Services Agency officers at the Emerson port of entry.

Richards was formally charged Tuesday, according to a news release from the RCMP.

The native of Kenora, Ont., is currently a free agent after the Los Angeles Kings terminated his contract earlier this summer, citing a "material breach" of that contract.

The NHL Players' Association has filed a grievance on behalf of Richards against the Kings contesting that termination.

The NHLPA says a date to hear his grievance has not been set.

Richards has played 10 NHL seasons with the Kings and Philadelphia Flyers, recording 179 goals and 303 assists in 710 regular-season games.

His production declined last season, leading the Kings to putting Richards on waivers at the all-star break and sending him to the American Hockey League's Manchester Monarchs.

THE CANADIAN PRESS

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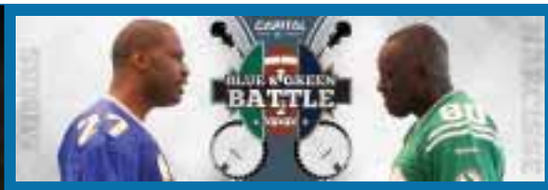

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metro NEWS

Your essential daily news

Africa's penguins are in peril. **World**

RED RIVER COLLEGE

$30K on offer for auto students

Joe Clark knows how difficult it can be to work towards a career as an automotive service technician. The 22-year-old started working at the Mercedes-Benz dealership by Kenaston Boulevard after attending a program at Red River College (RRC) in 2012, but said the road wasn't easy.

"It's a real financial investment ... especially when you are first starting out," said Clark. "It's not uncommon and not unrealistic to spend thousands of dollars in any given year."

Clark believes people working towards jobs in skilled trades don't get the same supports that those in university do.

Mercedes-Benz Winnipeg and RRC have teamed up to launch an annual $30,000 Technician Excellence Award that can be awarded to people in the Transportation Technology level two diploma program at RRC.

The college said today's technicians need to know about more than just what's under a car's hood, as they need a strong knowledge of computers and instrument technology.

"Red River College is an integral part of us growing our business to the level that it is today," said Mercedes-Benz Winnipeg general manager Brian Lowes.

"In our business there is a tremendous shortage of trades people, specifically automotive technicians." DAVE BAXTER/METRO

Sergeants Gene Bowers, left, and Cam Mackid speak to media on the work of the Counter Exploitation Unit. SHANE GIBSON/METRO

Sex-trade sweep sees 26 men charged

VICE

Police focus on those buying sexual services

Shane Gibson
Metro | Winnipeg

In the fall of 2013 Winnipeg Police Chief Devon Clunis announced a drastic shift in how the force would deal with prostitution — they would no longer charge those being exploited in the city's sex trade, and instead focus on those doing the exploiting.

On Thursday, the unit assembled to enforce the new strategy said a recent sweep targeting pimps, human traffickers, sexual predators and johns — who police now call "exploiters" — led to charges against 26 men.

"The message we have is it's illegal to buy sex in Canada now," said Sgt. Cam Mackid, who heads up the Counter Exploitation Unit. "We're aggressively pursuing those who are exploiting women."

The just-over two-week-long sweep, dubbed Project Create, started Aug. 10 and targeted the William Whyte and Daniel McIntyre neighbourhoods.

The men arrested are between the ages of 19 and 77 and all are charged with obtaining sexual services. Police also seized 18 vehicles and another 10 men were identified and interviewed by officers.

But the new police strategy isn't all about laying charges.

A police spokesperson said 39 women working in the sex trade were interviewed and officers passed on information about the various support services available to them.

"When we used to roll up on these girls in our cars they would quickly scatter," said Mackid.

"Over the past almost two years we've developed a relationship now where our officers are on a first-name basis with almost all the girls working the streets."

Mackid said workers don't always accept help, but having an open avenue of communication means police at least now know about the dangers they're facing.

Police ask anyone with information about the city's sex trade to call the unit at 204-986-3464.

COURT

Accused bomber awaits bail call

A man accused of sending a letter bomb that severely injured a Winnipeg lawyer will have to wait a little longer to hear if he will be released on bail.

A day-long hearing Thursday was not long enough to hear all the arguments in Guido Amsel's case. It is scheduled to resume Sept. 2.

Lawyer Maria Mitousis lost a hand and suffered other serious injuries in the July 3 blast.

Amsel is facing more than a dozen criminal charges in the explosion, as well as charges related to other explosive devices disposed of by police at two other Winnipeg law firms.

The charges include three counts of attempted murder.

Details of the hearing are covered by a publication ban.

His current wife wept and was comforted by supporters in the front row as Amsel was brought into the courtroom.

The Crown said it would oppose Amsel's release. The 49-year-old has been in custody since July 5.

Martin Glazer, Amsel's lawyer, has said previously that his client denies all the accusations against him and that the case is based on "circumstantial evidence that has an innocent explanation."

Police allege Amsel was targeting his former wife and the lawyers who were involved in a lengthy dispute between the couple. THE CANADIAN PRESS

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James Adomian on the bill for Oddblock

BACKSTAGE PASS

Inaugural event runs until Sunday

Jared Story
For Metro | Winnipeg

Nobody embodies The Body quite like James Adomian.

The American stand-up comedian and actor is best known for his dead-on impressions, which include Sam Elliott, Gary Busey and best of all, Jesse "The Body" Ventura.

Adomian says Ventura — a former pro wrestler, actor, author, navy vet and the 38th Governor of Minnesota — is an impressionist's ideal because he's as multifaceted as it gets.

"With Jesse Ventura, I'm like 'This is a rich mind that I can tap for a few years'," Adomian said.

"Jesse Ventura can talk about a lot of different things including the point of view of a former office holder, someone steeped in conspiracy theory and also a background of professional wrestling."

Adomian, 35, started doing impressions as a child, starting with his family, friends, teachers and coaches in Omaha, Nebraska and later Los Angeles, where he attended high school. In addition to famous actors, his repertoire includes political figures like John McCain, George W. Bush and his current favourite Bernie Sanders, as well as comedy colleagues.

James Adomian
LUKE FONTANA/CONTRIBUTED

Adomian often performs his impressions on podcasts, including Comedy Bang! Bang! and The Todd Glass Show, but his stand-up act is comprised mostly of James just being James.

"A lot of my act is very loose," Adomian says.

Adomian appears on six shows at the Oddblock Comedy Festival, including the Saturday gala at The Park Theatre.

Oddblock runs through to Sunday in six venues along south Osborne Street. Individual show tickets are $20, with festival passes available for $70 and $130.

For a full lineup, schedule and tickets, go to www.oddblock.ca.

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CONTEST

Competition calling for city design ideas

Shane Gibson
Metro | Winnipeg

Got an idea you think will improve Winnipeg? Pull up a chair.

Chair Your Idea — a competition that's giving everyday Winnipeggers the chance to have their urban design idea become a reality — officially kicked off Thursday.

"We're looking for anything that would make the city better," explained Johanna Hurme from 5468796 Architecture, which is spearheading the competition. "It may be on your street, it may be in your neighbourhood… it's something that is creative and can have a wide impact with a $30,000 budget."

That budget, which will be awarded to the winner once the competition closes Sept. 17, will come from money pooled out of the $25 cost to enter.

To make the competition as interactive as possible everyone who submits an idea is required to write their plan — which will only be accepted in 140 characters or less — on chairs that will be placed throughout the city.

Hurme said the chairs don't have to be expensive or fancy (she said any old chair from around the house or basement will suffice) and the idea is they'll encourage Winnipeggers to sit down to have a conversation about urban design.

The competition already has a few local celebrities on board, including former Blue Bomber Obby Khan, who told Metro his idea would see recycled Christmas trees used to create a lighted tree-lined walkway throughout the Exchange District after the holidays.

Other ideas include one from Winnipeg mayor Brian Bowman to create an ice-rink at Old Market Square during the winter months.

"I might let the mayor piggyback his idea with my great idea," admitted Khan. "I think it would be awesome for the Exchange and great for the city."

For more information and to submit an idea go to chairyouridea.ca.

MORE INFO

The winning selection will be picked by a jury of nine people made of architects, urban designers and city personnel.

Mayor Brian Bowman speaks at the launch of the Chair Your Idea urban design competition Thursday.
SHANE GIBSON/METRO

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ELECTION 2015

Grits vow to spend billions as NDP pledge balanced books

Justin Trudeau is out to build some campaign momentum with a big-ticket, multibillion-dollar infrastructure plan — and Stephen Harper is wasting no time in trying to tear him down.

Trudeau's campaign event Thursday in Oakville, Ont., complete with a crane and supporters wearing red hard hats, was framed as a major plank in the Liberal platform — one aimed at both stimulating a faltering economy and shoring up the country's crumbling roads, bridges and public facilities.

He billed it as a necessary investment in future generations, one that would require a Liberal government to run modest, short-term deficits until 2019 in order to kick-start the economy.

Liberal Leader Justin Trudeau introduced his party's infrastructure plan, a key plank in the platform, in Oakville, Ont. ,Thursday. PAUL CHIASSON/THE CANADIAN PRESS

That willingness to leave the budget out of balance has separated Trudeau from Harper and, in a surprising role reversal, NDP Leader Tom Mulcair, who both say they would bring in balanced budgets immediately.

It's all made for a dizzying U-turn on the Canadian political spectrum: the Liberals openly acknowledging a plan to spend billions and run deficits, and the NDP insisting they have found religion when it comes to the merits of balanced books.

"I will be open and transparent and tell the truth about our plans and I certainly hope Mr. Harper and Mr. Mulcair will begin to be open and transparent about their plans," Trudeau said.

While doubling current federal infrastructure funding, any shortfalls in the federal treasury over the next two years would be capped at $10 billion per year, he added.

The prospect of a deficit-friendly Liberal government was a sledgehammer Harper needed no invitation to pick up and swing.

"Mr. Trudeau has made tens of billions of dollars of spending promises ... he has no idea what he's talking about when it comes to these things," the Conservative leader said.

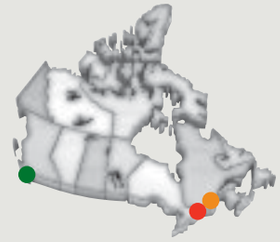
"That's why you could be sure that his small deficits will become large deficits and would get Canada into the same pickle of high taxes and program cuts that we had under the last Liberal government."

The Conservative government's own infrastructure program was three times higher than that of its Liberal predecessor, he added.

Mulcair was campaigning in Toronto with former Saskatchewan finance minister Andrew Thomson.

The New Democrats are touting Thomson's record of balancing his province's budget in 2006 and 2007 after Mulcair said unequivocally this week that an NDP government would balance its first budget. THE CANADIAN PRESS

WHERE THE LEADERS ARE FRIDAY



- **Justin Trudeau** is to attend an event in Montreal.
- **Tom Mulcair** will also be in Montreal.
- **Elizabeth May** will be in Courtenay, B.C.

Stephen Harper has no public events scheduled.

DUFFY TRIAL

Emails suggest PMO's interest in audit

Testimony and emails from the trial of Sen. Mike Duffy suggest the Prime Minister's Office was invested in the outcome of a Deloitte report into his housing expenses, with the auditing firm still facing questions about the integrity of its investigation.

Deloitte was the forensic accounting firm the Senate hired in 2013 to comb through the expenses that Duffy, Sen. Patrick Brazeau and Mac Harb, who has since resigned from the Senate, claimed for their so-called secondary residences within 100 kilometres of Parliament Hill.

Their findings formed the basis of three separate reports tabled by the Senate standing committee on internal economy, budgets and administration on May 9, 2013, which were nearly identical but for key language admonishing Brazeau and Harb that was missing from the report on Duffy, which also noted he had already repaid $90,172 in housing claims.

It was later revealed that money came from Nigel Wright, who was then chief of staff to Prime Minister Stephen Harper. Documents filed in court by the RCMP in relation to their investigation into Duffy suggest Conservative senators on the subcommittee in charge of the report on Duffy had, at the behest of the PMO, made sure it would go easy on him.

Emails released through the court indicate that was actually the back-up plan, after earlier attempts by the PMO to ensure repayment by Duffy would render the Deloitte investigation moot did not pan out. Those attempts involved having Conservative Sen. Irving Gerstein reach out to contacts at Deloitte, according to key emails entered into evidence in court. TORSTAR NEWS SERVICE

IN BRIEF

May pleads with Harper, Mulcair to attend debate

Green Party Leader Elizabeth May is pleading with Stephen Harper and Tom Mulcair to reconsider their plans to skip the traditional televised leaders' debate. Harper has said he won't take part in the English election debate organized by a consortium of broadcasters, but he will participate in a French one. NDP leader Mulcair has made it clear he will not participate in any national debate without Harper. THE CANADIAN PRESS

Tories looking for vets to sing PM's praises

An email being circulated among former Canadian soldiers suggests federal Conservatives are looking for a few happy, satisfied veterans to appear in television ads backing the prime minister. THE CANADIAN PRESS

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Canadian journalist on trial in Cairo braces for verdict

TERROR CHARGES

Arrested in 2013 while working for Al Jazeera

Mohamed Fahmy hopes this weekend will mark an end to his drawn-out legal nightmare.

A Cairo court is expected — once again — to deliver a verdict Saturday for the Canadian journalist on trial for widely denounced terror charges and Fahmy is cautiously optimistic.

"We feel like this is the finale," he told The Canadian Press. "We have suffered immensely for the past 20 months, financially, emotionally, physically, we just want this nightmare to be over."

Fahmy and two of his colleagues were working for satellite news broadcaster Al Jazeera English when they were arrested at the end of 2013. They were accused by the Egyptian government of supporting a rival political organization and undermining national security through their media coverage.

The trio spent more than a year in prison before an appeal of their convictions resulted in a second trial, although one of them, Australian Peter Greste, was abruptly deported.

Fahmy and his other colleague, Egyptian Baher Mohamed, were granted bail after the start of their retrial, which is set to culminate in a final ruling this weekend.

Fahmy's verdict has already been postponed twice this summer after the judge presiding over his case was reportedly taken ill. This time, however, Fahmy's lawyers and others close to the case have indicated a ruling is highly likely, he said.

There are a number of possible outcomes, including an acquittal, credit for the 14 months Fahmy already spent in prison, a suspended sentence or even a return back to a cell.

If he is sent back behind bars, his high-profile lawyer Amal Clooney, who will be in court with him, will immediately push for a presidential pardon and for Fahmy to leave the country under a law that allows for the deportation of foreigners convicted of crimes, he said.

"My worst nightmare is going back to that prison cell and having to go through this whole tormenting emotional process again," he said.

Since his last court date, at the beginning of August, Fahmy has been busy advocating for the release of other imprisoned journalists and appearing on Egyptian talk shows to discuss his own case.

His efforts come at a time when Egypt has passed new laws that make it more likely for other journalists to end up behind bars. The new rules, which the country's president signed off on earlier this month, define terrorism very broadly as "any act that disturbs public order with force."

THE CANADIAN PRESS

Canadian Al-Jazeera English journalist Mohamed Fahmy surrounded by policemen during his retrial in Cairo, Egypt, in February. Fahmy hopes this weekend will mark an end to his drawn-out legal nightmare.

AMR NABIL/THE CANADIAN PRESS/THE ASSOCIATED PRESS

QUEBEC

Officials investigate as legionnaires' disease claims two lives

The provincial Health Department is investigating an outbreak of legionnaires' disease that has claimed two lives. There have been 16 other confirmed cases since Aug. 20, all in the town of Berthierville, about 80 kilometres northeast of Montreal. Legionnaires' disease is contracted by breathing in small droplets of water contaminated with bacteria. The deadly bacteria grow in the stagnant water of cooling systems and spread in droplets through air conditioning. Authorities believe the source of the outbreak was in the cooling system in the town's arena. The system was shut down as of Aug. 22, but because the incubation period is 10 days, authorities believe new cases may continue until early September. Symptoms include coughs, fever, chills and respiratory problems. Most people have little to no risk of catching the disease, which is not contagious and cannot be transmitted. THE CANADIAN PRESS

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ENDANGERED SPECIES

African penguins nearing the brink

They're cute, knee-high, they bray like donkeys and are a tourist attraction near Cape Town. But African Penguins — the continent's only species of the flightless bird — are at risk of extinction.

As shoals of anchovies and sardines have migrated south into cooler waters, the population of African Penguins that feeds on the fish has plummeted by 90 per cent since 2004 along South Africa's west coast, once the stronghold of Africa's only penguin species.

This decline, recorded by South Africa's Department of Environmental Affairs, led to four key fishing grounds being declared off limits seven years ago in an experiment to see if the measure could help save the penguins. But scientists are still debating whether fishing has helped push the species to the brink of extinction.

If effective management of the situation is not carried out, the black-and-white seabirds could soon disappear, experts say.

In the 1930s, South Africa's largest penguin colony had 1 million African Penguins, and there were many other colonies. Now, only 100,000 of the birds remain in all of South Africa and neighbouring Namibia, the only two countries where the species exists. In 2010, the International Union for Conservation of Nature declared the African Penguin endangered.

Both fisheries scientists and bird specialists agree that the decline of the African Penguin began around 2004 with a southern shift in anchovies and sardines away from the hub of colonies along South Africa's Atlantic coast. Scientists are unsure why the fish have moved, considering as possible causes climate change, overfishing or natural fluctuations.

THE ASSOCIATED PRESS

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

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A television photographer films video of a memorial for reporter Alison Parker and cameraman Adam Ward, as well as get-well wishes for wounded Vicki Gardner, Thursday. STEVE HELBER/THE ASSOCIATED PRESS

TV station mourns

ROANOKE, VIRGINIA

Murdered staff remembered in morning broadcast

The colleagues of two journalists shot to death on live television returned to their morning show Thursday with memories, tears and a determination to carry on.

WDBJ-TV's Mornin' show opened with images of reporter Alison Parker and cameraman Adam Ward, with the words "In Memory."

"We come to you with heavy hearts. Two of our own were shot during a live shot yesterday morning," said Kim McBroom, the anchor whose open-mouthed shock was seen around the world Wednesday after Ward's camera recorded the fatal attack by a disgruntled former colleague.

Perhaps the most poignant segment came when McBroom, weatherman Leo Hirsbrunner and an anchor from a sister station who came to help out joined hands for a moment of silence at 6:45 a.m., 24 hours after the shots rang out.

"We are approaching a moment that none of us will ever forget," McBroom said, her voice faltering as the show went silent.

On-camera, the team mostly kept its composure throughout the broadcast. Off-camera, their struggle was more visible. Hirsbrunner dabbed his eyes, tried to wave away tears and bent down at one point, hands on his knees, to gather himself during a commercial.

"It's not easy," McBroom said during another break, after her voice broke while reading a statement from Parker's family.

> **"I don't know how to do the weather on a day like this.**
> Leo Hirsbrunner

Members of the team supported each other throughout.

"I don't know how to do the weather on a day like this," Hirsbrunner said.

"Good job, partner," McBroom told him. "We're going to get through this together."

The husband of Vicki Gardner, who was wounded by the gunman as Parker and Ward interviewed her for a tourism story, showed up to tell viewers that she was recovering.

And Parker's boyfriend, WDBJ anchor Chris Hurst, appeared for a short interview.

"Alison, what great things she could have done," Hurst said, telling viewers he needs some time away from his night-time anchor role.

"You won't be seeing me in my normal position for, who really knows how long. But hopefully not too long because Alison would want me back," he said.

Ward's family members said they weren't ready to discuss the tragedy publicly, but his colleagues warmly remembered the cameraman. Hirsbrunner shared anecdotes about Ward's practical jokes, including covertly placing candy wrappers on the desk that the weatherman saw while delivering his segments.

THE ASSOCIATED PRESS

SOUTH AFRICA

Date set for review of Pistorius parole

Oscar Pistorius' parole board review will take place Sept. 18, meaning the Olympic athlete will have to spend at least another three weeks in jail.

The double-amputee runner was denied early release last week after serving 10 months of his five-year manslaughter sentence for killing girlfriend Reeva Steenkamp in 2013. The justice department said then that the decision to release Pistorius to house arrest was taken too early.

The review will take place a day after the deadline for Pistorius' lawyers to submit papers to the Supreme Court. Those papers will be in response to a separate appeal by prosecutors seeking a murder conviction. Prosecutors want a panel of judges to overturn Pistorius' culpable homicide, or unintentional killing, conviction and find him guilty of the more serious charge of murder.

That Supreme Court appeal will be heard in November.

THE ASSOCIATED PRESS

DISEASE

MERS spreading in Saudi capital

Saudi Arabia's Health Ministry says 15 more people have died after contracting the Middle East respiratory syndrome, known as MERS, in the last seven days amid a surge in contractions in the capital, Riyadh.

The Health Ministry's most recent figures on Thursday show that 498 people have died in Saudi Arabia after contracting the virus since it was first identified in 2012, compared to 483 a week ago.

The kingdom also registered 47 new cases in the past seven days, all but two in Riyadh. That brings the total number nationwide to 1,165, with 64 receiving treatment and 603 fully recovered.

The MERS virus belongs to the family of viruses known as coronaviruses. MERS can cause symptoms such as fever, breathing problems, pneumonia and kidney failure.

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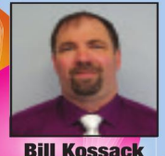

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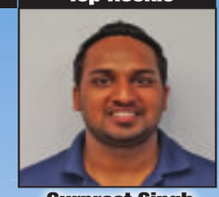

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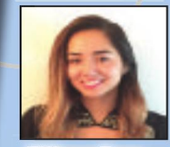

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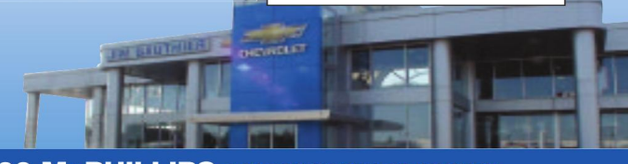

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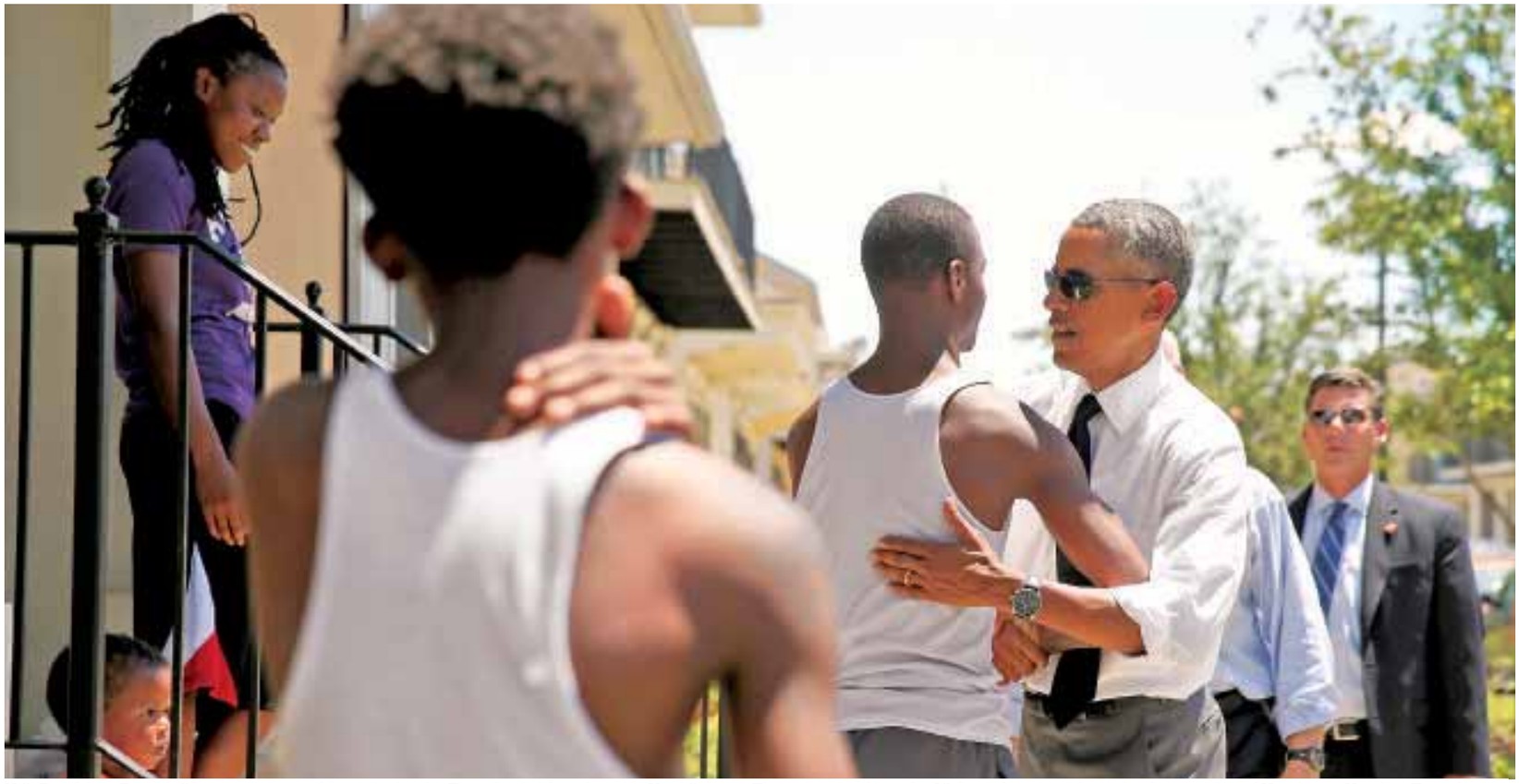

U.S. President Barack Obama greets residents in the the Tremé neighbourhood in New Orleans Thursday, marking the 10th anniversary since the devastation of Hurricane Katrina. Tremé, which borders the French Quarter just north of downtown, is one of the oldest black neighbourhoods in America. ANDREW HARNIK/THE ASSOCIATED PRESS

SPECIAL FEATURE

New Orleans's recovery forced the Crescent City open to the visions, dreams and agendas of outsiders, and now some fear too much has been given away. Metro's Rosemary Westwood reports.

Battle for the new Big Easy

This is the final instalment of a three-part series on New Orleans's ongoing struggles ahead of the 10th anniversary of Hurricane Katrina.

U.S. President Barack Obama had words of praise for the city of New Orleans, as he stood in the city's Lower Ninth ward to mark the 10-year anniversary of Hurricane Katrina.

New Orleanians are an example of good people coming together in the face of tragedy and hardship "to build a better future," he said.

But whether what's being built is a better future depends on who you ask. For some locals, it's not even a matter of what has been built, but of what stands to be lost.

And, maybe, what is lost already.

While New Orleans mayor Mitch Landrieu calls it "America's comeback city," while tech startups are on the rise, while the tourism industry is posting record receipts, and amid a film-industry boom dubbed "Hollywood South" — some worry the new New Orleans is at risk of losing its old identity.

It's what happens when a city of neighbours sees an influx of newcomers.

"Different kinds of people are here, and they're dropping in at the moment when the city is, I think, trying to be something else," Stephanie McKee tells me. A native New Orleanian, raised near the racetracks of the Seventh Ward, she says the people have made this city what it is: renowned for its friendliness, its food, its music and rhythm and masked mardi gras parades.

"Change has happened in New Orleans for many years," she says. "However, one thing has always remained in New Orleans, and that has been a very clear sense of Africanist culture."

McKee herself is artistic director of Junebug Productions, the successor to the Free Southern Theatre, a renowned civil rights art group.

"I worry about it being lost in the midst of commercialization, and being lost in the midst of what is inevitably more development to happen here."

Post-Katrina, the city has 100,000 fewer black residents than before the storm. Economic recovery for black New Orleanians has dragged dramatically behind that of whites in this city (half its black men are unemployed). So as some neighbourhoods become more expensive, they're also getting whiter, including Gordon Russell's Uptown neighbourhood.

"Different kinds of people are here, and they're dropping in at the moment when the city is trying to be something else."

STEPHANIE MCKEE, NEW ORLEANS NATIVE

"One of the things that has changed about New Orleans more than anything is there's more people now who aren't from here than there ever used to be," says Russell, investigations editor at the Advocate newspaper and a resident for 16 years. "There's a ton of new blood in town, and that's kind of psychologically interesting for the city."

Among the people I talked to, there's a perception that, in the past, newcomers had been lured by the culture and absorbed into it, into the city's sense of sleepy mystery, its rich cultural class of writers, musicians, dancers, actors, artists. A city where you know everyone on your block and their dog, where people look out for one another. A city where multiple generations live on the same street they grew up. Where, Russell says, people tended not to leave the city, and not a ton of people tended to move in. A city where everyone asks when they meet you, "Where'd you go to school?"

"That's a very subtle way or not-so-subtle way of saying,

ALL PHOTOS ON THIS PAGE BY ROSEMARY WESTWOOD/METRO

'Are you from here or not?'" notes Laura Paul, a Canadian living in New Orleans since 2006. There's a divide between people who've lived here for decades, those who arrived just after the storm, and those that arrived in the last few years, she says.

This may be one of the friendliest cities you'll ever find, but locals demand your respect.

"The reason for that is this is a culture worth protecting and a culture worth preserving," Paul says.

Which is to say, resisting gentrification.

In the Bywater, a neighbourhood just east of the French Quarter, Pamela Davis-Noland has watched her neighbours pushed out by soaring rents and a hot housing market in the last four years, some who'd lived on the same block for generations. It breaks her heart, she says. She points to a house down the street, where new owners remodelled and turned their house into "yuppieville."

"Things changed, so quickly, right before my eyes, on this street alone," she says. "Everything just skyrocketed like crazy."

Walking the streets of the Bywater, it's no surprise the area is in demand. Historic, architecturally charming houses painted a kaleidoscope of colours are guarded by thick swamp foliage and palm trees.

"I'm a lover of New Orleans, but to classify myself a New Orleanian, I think that's for the people born at Charity Hospital. I'm not going to take that title."

PAMELA DAVIS-NOLAND, NEW ORLEANS RESIDENT SINCE 2011

They feature high ceilings and old wooden floors, and sit on quiet streets.

According to a promotional video by the city's tourism agency, Bywater, once dominated by blue-collar workers and artists, is witnessing a "restaurant revolution." But to two local filmmakers, the city is out to lunch.

Jason Foster and David Bear shot a parody video that mocks the Bywater as an "up-and-coming white neighbourhood" that's "packed with plenty of price gouging to keep you broke all day long." Crescent Park, it notes, is a great spot for "watching the New Yorkers native to the neighbourhood."

The video was widely shared, and struck a nerve.

The same thing happened when local residents, noting a surge in Airbnb rentals in Bywater (they counted 140), put up a mock sign advertising the chance to "live like a local" for $250 a night. "Who need neighbours when you've got brunch?" it joked.

Davis-Noland has lived here since 2011, running a local bed-and-breakfast. She says tourism isn't bad but she wonders what exactly visitors to the Bywater are seeing? It's less and less the authentic community that she has loved, and she fears what the next four years will bring.

To some New Orleanians, tourists and newcomers carry the same risk, as agents of change that threaten to commodify the city's culture and tip the scales in favour of those who consume it, at the expense of those who create it.

But not everyone holds that worry. Cordell Ford, a native raised in the C.J. Peete projects, has been living in his home just north of the Bywater since 1993. He's seen his block change from a dirt road to a paved one, and neighbours come and go. As for the worries over newcomers? "Enough is enough," he tells me, taking a pause from trying to fix his pressure washer in his backyard. "This is America."

People are free to move in, he says, and he doesn't care about skin colour or where you were born — he cares if you're a good neighbour, if you keep your garbage bins at the back of the house and your car in the driveway to keep the road clear. And he expects that the people who move in will adopt the local ways.

"People move here because they like the hospitality, it's different than anywhere else you go," he says. "As time goes on they'll become like a New Orleanian — you know, laid back and everybody helping out."

Like a New Orleanian, if not exactly a true one. That is title that most agree belongs to those bred, if not born here.

Davis-Noland is "a resident of New Orleans, I'm a lover of New Orleans, and I'm never leaving New Orleans," she says emphatically. "But to classify myself a New Orleanian, I think that's for the people born at Charity Hospital. I'm not going to take that title, out of respect."

That's the way all the transplants I've met feel, but McKee told me I was self-selecting "great folk."

"I would say that that's rare, I would say that's becoming more rare," McKee told me. She's watched people imitate Baby Dolls, apparently without regard for the fact that those masked mardi gras groups in silky, feminine costumes have their roots in segregation, and the city's black sex-trade workers.

When people complain about the noise from second lines — smaller brass-band parades that march year-round across the city — that's a problem, she says. And anyone planning on setting up a restaurant here should know that New Orleanians are "extremely funny" about their food.

"We know good food, and we know food that's been made with love," she says. And if you mess up, "they will call you out on it."

For the New Orleanians born here or raised here, and who have not been able to stay, the sense of loss is deep, she says.

"It's not just people who want to get together and make life difficult for other folks, but that is a difficult place for people to be in. And certainly there has to be a happy medium somewhere in between."

Outside Frady's, a Bywater food shop and po-boy purveyor, a couple of locals drink coke and shoot the breeze. "Aren't you going to see Obama?" one jokes, mentioning the president's trip to the city. The others laugh.

"They're playing Katrina on the news 24/7," another says, disgust in his voice, "and I'm sick of it."

BACKGROUND

Katrina by the numbers

Aug. 29, 2015: Date Hurricane Katrina made landfall
5: Category Storm
50: waters breached at least this point in the levee system, primarily due to poor design
1,577: People killed in Louisiana
$151 billion: total cost of devastation in 2014 dollars
254,502: number of people who had not returned to New Orleans one year after Katrina — more than half of the city's population
57 percent: Percentage of black New Orleanians who say their life was affected "a great deal" by the hurricane
40 per cent: Percentage of the city's white population who say the same
33 per cent: Amount rents rose across the city, post-Katrina
37 per cent: Percentage of people in New Orleans who spend 50 per cent of their income on rent
23 per cent: Percentage of people in Vancouver who spend 50 per cent of their income on rent

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New Galaxy smartphones will arrive weeks ahead of Apple's latest hardware updates.
MARY ALTAFFER/THE ASSOCIATED PRESS

Samsung stays head of the class

TECHNOLOGY

Competition still stiff from other Android devices

Samsung's new smartphones and tablets might not offer enough to entice current iPhone and iPad users to switch, but they keep Samsung at the head of the class among Android gadget makers.

The new Galaxy devices come weeks before comparable updates from Apple are expected. In a sense, if Samsung can't beat the competition in sales, it can at least beat it to store shelves.

Samsung has been facing competition not just from Apple but also from Android manufacturers such as Motorola and Xiaomi, which offer good-enough features while keeping prices low. Consumers will have to decide whether the features in the latest Samsung devices will be worth the premium price tags.

The Galaxy S6 Edge Plus and Note 5 phones arrived last week, while the Galaxy Tab S2 tablets come out next Thursday.

Of the two, the Edge Plus is likely to appeal to more people. The screen's left and right edges are curved like a waterfall and blend into the phone's aluminum casing.

You get a better grip and a more immersive viewing experience, even from an angle.

Compared with the original Tab S, the Tab S2 update sheds bulk and weight, akin to what Apple has done with the full-size iPad Air and Air 2.

Samsung is ahead with multitasking features that let you view multiple apps side by side, though similar features are coming to the iPad soon with the iOS 9 software update.

One excellent change: the dimensions are now 4:3. Android tablets, including the original Tab S, have typically used a wider, 16:10 aspect ratio, which is great for video but bad for just about everything else. The 4:3 ratio, which the iPad has long had, is better for photos, magazines and Web browsing.

THE ASSOCIATED PRESS

INSTAGRAM

Photo app adds new custom options

Irene Kuan
Metro | Toronto

Your Instagram pics didn't always have to be square, but the app has updated to support two new photo orientations.

The photo-sharing app, which is owned by social media giant Facebook, announced it will now support landscape and portrait formats.

In a blog post, Instagram said it discovered one in five photos or videos users posted to their network was not a square, and wanted to make it easier for people to share content in alternative formats.

With the new features, a user can easily tap the format icon to change the orientation, but the square format will remain default.

Once shared, the full-size photo will be shared to followers as a centre-cropped square.

In addition to the new photo formats, Instagram will also add a filter option to videos.

Here is an example of a portrait image, such as users can expect. INSTAGRAM

IN BRIEF

Videotron lifts data limit on streaming services

Quebec telecom provider Videotron is offering cost relief to its customers worried about music streaming draining their mobile data.

The Quebec-based carrier says it will no longer count streaming music services towards its subscribers' monthly data packages if they're signed up for its new Unlimited Music service.

THE CANADIAN PRESS

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MULTIMEDIA

Discovery launches new VR network

Discovery is unleashing the first videos for its virtual reality network, Discovery VR, a fledgling service that is testing the limits and capabilities of the immersive format.

The videos debuting Thursday on DiscoveryVR.com, YouTube and on Android and iPhone apps, reveal some of the promise of the medium, which covers every angle you could possibly look and is navigable by moving a smartphone around you or even clicking and dragging the viewing angle around with a mouse.

In addition to computers and mobile devices, the Discovery VR content can also be viewed using virtual reality headset devices, such as Google Cardboard and Samsung Gear VR, which are on sale now, as well as Facebook's Oculus Rift, which is expected early next year.

THE ASSOCIATED PRESS

metro VIEWS

Making Cancon rules look limp: Kenyan pop stars lobby for radio to play 70 per cent local music, in part to preserve benga, a unique blend of East African sounds with guitar.

THE BIG THING: TRUTH UNDER FIRE

When two journalists were shot on-air in Virginia this week, it was an awful, freakish and mercifully rare event for the U.S. Around the world, however, dozens of journalists are killed just for doing what they do. When they expose stories, they often expose themselves to the wrong kind of attention — a reporter burned to death in India after exposing illegal mining, a radio announcer shot in the Democratic Republic of the Congo for covering a divisive bureaucratic appointment, the Charlie Hebdo massacre in France. And that's not counting the dangers of bringing the news from volatile places. These are recorded targeted killings of journalists thus far in 2015. Some certainly have gone unreported, and still more are in dispute.

SOURCES: REPORTERS WITHOUT BORDERS, INTERNATIONAL PRESS INSTITUTE, COMMITTEE TO PROTECT JOURNALISTS

THE KOHLER REPORT: ON ODDLY TEARFUL GOODBYES

While I respect Celine, I'd respect myself a lot less if I listened to her music. Why, then, my sudden connection to her and her grandfather — I mean husband?

When I was a teenager I was grossed out by many things: sun-dried tomatoes, pointy-toed shoes and the marriage of Celine Dion and René Angélil. I still dislike the tomatoes and the shoes, but why was I crying the other day while reading about the fact that René will soon die from his second bout of throat cancer?

The tears took me off guard, and I found myself embarrassed even though I was alone (which I didn't know was possible). I'd tell you it was PMS, but I don't like perpetuating stereotypes. I think I'll just have to admit I was sad. What's going on with me?

To put this mystery in context, you should know that I am not a Celine Dion fan. While I respect Celine and her talents, I'd respect myself a lot less if I listened to her music. Yes, she has an amazing voice, and that's fine, but it's not my thing. Why, then, my sudden emotional connection to her and her grandfather — I mean husband?

I think everyone was cynical about the manager-turned-fiancé who was 38 when he first met a 12-year-old Celine — they were like the Québécois Woody and Soon Yi, only with less neurosis and more dental work and tourtière.

What's funny about this cynicism is that it seems the couple had, and still has, none. Have you watched Celine Dion? She's the opposite of cynical. She has so much hope and enthusiasm that if she visited Banksy's Dismaland, it would turn into Disneyland.

Anyone who's the 14th child born into a poor Québécois family had better be positive; you don't get from there to where Celine is now by ruminating on negative thoughts like "What's the point?" and "Should we have a defibrillator at the wedding?"

Celine wanted to be famous, she wanted to marry René and she wanted kids — and all of those things came with challenges she'd overcome with a quick fist-bump to her heart. Though her music makes me feel like my ears have eaten too much Velveeta, her attitude makes me feel like everything is going to be OK.

In a world where celebrity relationships — the Brad-and-Jens, the Jen-and-Bens, the Gavin-and-Gwens — come with nanny scandals and conscious uncoupling, here's a pair who represent a slightly weird-looking version of true love. Like the nerdy couple in high school who were having more sex than everyone.

Celine recently said René's wish is to "die in her arms." That's what made me cry. René and Celine, after all these odd, unlikely years together, are being torn apart, along with the pieces of my heart!

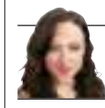
I'm not wearing a hat — I never have and never would wear a hat — but if I were, I'd tip it to them.

Rebecca Kohler is a stand-up comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

Do you want to choose when to die? Visit metronews.ca to answer our poll.

metroview

Being morbidly curious about a death is only human



Liz Beddall
Metro | Toronto

A few weeks ago, I joined a discussion about the sudden and still unexplained passing of TV host Chris Hyndman.

The talk was intense in topic but casual in tone. We tossed around the presented facts as if they were fiction.

"Didn't you meet him at one point?" asked one of my friends. I had in fact spent an entire day interviewing him a few years prior. Chris bestowed heaps of warmth upon this awkward, poorly dressed young journalist. Guilt drew my voice away from the conversation, but not my mind.

My shame-soaked queries came to life on the Internet. Each article on the death bobbed above a turbulent sea of reader commentary.

Comment: "Anybody heard about the circumstances ... Did he jump or what?"

Response: "Did you ever think that maybe Steven and the family want to keep their personal lives private? The public is not entitled to know everything."

The back-and-forth continued similarly, and produced yet more backlash. A question was asked, the questioner was shot down, the shooter was shot down, and so forth.

In Hyndman's case, as with every loss of a life, a study of death ensues. Worried that lumbering into dark territory will spoil our eventual experience of grief, or someone else's. We might shake our heads as view-numbers rise on a morbid video, but linger a little too long at the site of an accident. We'll ask ourselves and each other if anything was done too soon, too much, too loud or too little. None of the answers are obvious, but the questions are limitless, and we all have them.

In high school my best group of girlfriends experienced the tragedy of one of our own committing suicide. Looking back now, I feel much less hostile toward the complete strangers who showed up at the funeral, less bitter toward the countless individuals who have asked me, over the years, about how she put an end to her life before asking me about her life, and lastly, less angry at myself. I forgive myself for not thinking of her every day since, and for now using her to fill a paragraph of this column. These were, and are, all decisions made while fumbling around looking for the right way to handle the one thing none of us who are living know anything about.

The departure of August will pull with it the deaths of Chris Hyndman and countless others into the past. And while grief, loss and closure will attach themselves differently to those left behind, uncertainty will reign universal.

So should we be so quick to denounce the morbidly curious? Those who seek out, and secretly long to seek out, the whys and the hows? Because what if the inclination to better understand the end of life renders many of us not less human, but a little bit more?

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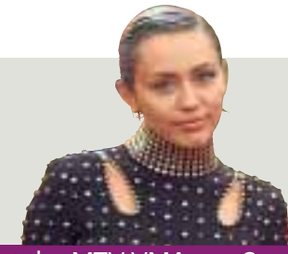

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Searching for soul in the club

HEARTTHROB

Efron wants roles that play to more than just his looks

IN FOCUS

Richard Crouse

Zac Efron plays an EDM DJ seeking stardom in We Are Your Friends. HANDOUT

Zac Efron became a teen heartthrob with the success of the High School Musical movies and then did everything possible to decimate and alienate the core audience that made him a star.

He rightly realized that the shelf life of a young Disney star was limited and turned his attention to making serious but little seen films like Parkland, At Any Price and The Paperboy, an art house film better known for a scene utilizing an age-old cure for a jellyfish sting you don't normally see administered by an Oscar winner like Nicole Kidman.

His latest movie, We Are Your Friends, the first major-studio film set in the world of electronic dance music, is a mix of music and romance that sees Efron play an aspiring DJ who falls in love with his mentor's girlfriend.

It's a role that should appeal to his original fanbase, the kids who have aged out of High School Musical and now listen to EDM, where his other screen choices seem to have left them behind. Occasionally he's thrown them a bone, with popcorn movies like New Year's Eve, or Neighbors, where he plays the prerequisite 20-something good-looking Hollywood hunk.

Take That Awkward Moment for instance. He played an avowed hook-up artist, a young guy who would rather hang out with his best friends Daniel (Miles Teller) and Mikey (Michael B. Jordan) than have a meaningful relationship with a girl. In time-honoured romcom fashion, it's a movie that takes advantage of its leading man's blue eyes and sculpted abs. Efron's hair is practically a character in the film.

Perhaps while making The Lucky One, a Nicolas Sparks romance co-starring Taylor Schilling, it occurred to him that simply watching good-looking people fall in love does not a movie make.

I couldn't help but think that Efron, when he says to Schilling's character Beth, "I know you deserve better than this," was actually speaking to the audience.

MOVIE RATINGS by Richard Crouse

We Are Your Friends ★★★★	
Learning to Drive ★★★	
The End of the Tour ★★★★	
Cop Car ★★★	
Backcountry ★★★	
Z for Zachariah ★★★	

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

Luckily his other films are less about his looks and more about his ability. The Paperboy is an odd film. It's an art house thriller — meaning that there aren't many thrills — in which each of its stars do some fairly intense envelope pushing in a story about a reporter returning to his native Florida to investigate a murder.

Paired with risk-taking actors like Nicole Kidman, David Oyelowo, John Cusack and Matthew McConaughey, Efron works hard to shake off the early teen idol gloss that made him famous. He mostly succeeds, although director Lee Daniels's camera still caresses the actor, taking full advantage of his effortless appeal.

In Me and Orson Welles, Efron is overshadowed by an actor playing a man who died many years before the core audience of this movie was even born. Christian McKay plays Orson Welles with such panache that Efron becomes a supporting player in his own movie but still makes a strong impression as a teenager with dreams of being on stage in this handsomely mounted period piece.

Other films like At Any Price, a 2012 powerful tale of fathers and sons and the pressure to succeed, have shown not only his depth but his willingness to stretch as an actor.

So why does Efron, who could have a movie franchise career in a heartbeat, look past the obvious career path?

Efron told the Hollywood Reporter that his often eclectic acting choices are always artistic in nature and never about money.

"I'm constantly searching for characters that are about betterment of self and betterment of others," he says. "And I'm searching for those parts because those are the ones that make me happy. They're the ones that fulfil me personally."

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Q&A

Not just a Blurred Lines babe

Emily Ratajkowski knows who classic French filmmaker Robert Bresson is.

That shouldn't be shocking. Her mother is an academic and her father is an artist. Her big acting break, after her bit in the Blurred Lines video, was as Andie, the student sleeping with Ben Affleck's Nick, in Gone Girl. She's since played herself in the Entourage movie, and she's now in We Are Your Friends, as the personal assistant/girlfriend of a big time DJ.

Emily Ratajkowski is in We Are Your Friends along side Zac Efron. HANDOUT

Women's sex appeal is usually filtered through the male gaze. You've spoken about how you want women to reclaim that sexuality and own it.

Even in Gone Girl and We Are Your Friends, you watch those characters at moments through the eyes of the male characters. I think there will be parts in the future where it's just about the women and female journeys. That's what I'm constantly struggling to find.

The actor's dream is to be able to carefully curate their careers, create a body of work they're proud of.

For me it's a matter of being happy. It's not about being career savvy. I had a conversation with David (Fincher) after I did Gone Girl where I said, "I don't think I'm very good if I don't care about (the material)." He was like, "Well, duh." I was like, "Well, you're David Fincher, so that's easy for you to say." But it's something I'd like to keep in mind.

You became a model so you could become an actor, correct?

Yeah, isn't that funny? Not many people know that. I was one of those kids who tried everything, and theatre was definitely something that stuck. I went to UCLA for visual art and thought about becoming an English professor or a writer. I've always been creatively inclined. My first love, though, was theatre.

What were some roles you were playing as a kid?

I was the Little Match Girl, which was my first lead in the sixth grade, which was a big deal for me. But I fell in love with acting by watching theatre. I lived in London when I was five years old while my mom was teaching literature there.

Given your parents' professions, was it inevitable you'd fall into the arts?

I guess so. It drives me insane when people say, "Oh, I've been designing clothes," and someone says, "Great, but your father is Ralph Lauren," and they say, "That just happens to be the situation." Let's be honest: We're very impacted by what we're surrounded by a child.

MATT PRIGGE/METRO IN NEW YORK CITY

Laurence Leboeuf plays Apple in the film Turbo Kid. HANDOUT

Turbo Kid a rowdy 1980s throwback

SCI-FI

Canadian film described as a BMX tribute to Mad Max

Steve Gow
For Metro

From BMX bikes to murderous road warriors to the retro-soundtrack layered in synthesizers, Turbo Kid is a love letter to the kitschiest elements of 1980s cinema.

Indeed, perhaps the only emblem of '80s sci-fi missing from the cult hit is E.T. the Extra-Terrestrial.

"It's literally the hardest film to describe because there's so much going on, but it is an homage to '80s films," explained star Munro Chambers of the Canadian festival hit that Variety called a "BMX-riding Mad Max tribute."

"I always try to describe it as a charming romantic-comedy in a post-apocalyptic world painted with blood."

Directed by Montreal trio Anouk Whissell, Yoann-Karl Whissell and François Simard, the cinematic shrine to quirky pop-culture is set in a "futuristic" 1997 where an orphaned BMX-rider (Chambers of TV's Degrassi fame) enlists a buoyant optimist (Laurence Leboeuf) to help him overthrow an evil eye-patched emperor (played by iconic '80s villain Michael Ironside).

"We came pretty fresh into this," said Leboeuf, who admits much of the imagery of the decade was not part of her upbringing.

"Even today, we have people telling us references that we haven't noticed yet in the movie."

"We knew it was an '80s homage, but the filmmakers let us create our own characters," added Chambers.

"We just wanted to make sure we weren't mocking anybody or anything that came before us (and) to create these unique characters was the way to do that."

The film has impressed enthusiasts by crafting a pair of compelling protagonists against bizarre imagery that does not shy away from the extreme — notably including the artistic use of a stationery bike to pull out a victim's entrails. But if the cast gets their way, the movie's greatest triumph will be the redemption of the lost cinematic era it aims to celebrate.

"They were just a lot of fun," said Chambers of '80s cult movies.

"That's what this film is — trying to be fun and to not take itself too seriously but also (have) grounded moments. It's just something you can watch with your buddies and have a good cheer."

CHAMBERS ON MAKING TURBO KID

Three minds are better than one

"They really are a three-headed dragon," said Munro Chambers of the film's three filmmakers.

"They really just have the same mind (and) they all have their own separate specialty. I don't know if it would work on any other film, but on this film it was really nice."

The turbo success of a fun, fantastical film

"During filming we knew we were making something unique and very fun," said Chambers of the award-winning thriller.

"But I don't think anyone could've guessed what's happening now. It's literally the little film that could."

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MOVIE BRIEFS

JLaw, Schumer unite to write a comedy

Jennifer Lawrence and Amy Schumer aren't just riding jet skis together. They're making a movie.

A representative for Lawrence confirmed this week that Lawrence and Schumer are writing a screenplay.

In an interview with The New York Times, Lawrence says the two are planning to star in the comedy as sisters.

Lawrence seems thrilled by their newfound friendship and says she and Schumer are "creatively made for each other."

The two became friends after the Hunger Games star reached out to the comedian to praise her recent film Trainwreck.

Photos of the two jet skiing went viral online earlier this summer. THE ASSOCIATED PRESS

Amy Schumer
GETTY IMAGES

THE TV DINNER JESSICA ALLEN

Understanding the elements that make something great doesn't guarantee a great finished product

If you saw Peter Bogdanovich's life portrayed on the big screen, you might not believe your eyes. He authored books in the '60s on Hollywood's best directors, including Orson Welles, John Ford and Alfred Hitchcock. In the early '70s, Bogdanovich sat in the director's chair himself and made three back-to-back hits, including The Last Picture Show, which received eight Academy Award nominations, and whose 19-year-old star, Cybill Shepherd, he dated for the next seven years.

But three infamous flops followed: TV Guide called 1975's At Long Last Love, "one of the worst bombs" of the decade. And 1981's They All Laughed was a colossal wreck: Bogdanovich started an affair with the film's actress Dorothy Stratten, 1980's Playmate of the Year. Stratten's husband, Paul Snider, shot and killed her, then committed suicide.

Bogdanovich, devastated, wrote a book, The Killing of the Unicorn, about Stratten. Eight years later, he married Stratten's younger sister, Louise, who was 29 years his junior.

There were more filmic failures — save, perhaps, for Mask (Cher!) — not to mention two declarations of bankruptcy. But Bogdanovich is back with his first feature film in 14 years. She's Funny That Way is a screwball comedy about a playwright, his wife and the call girl with whom he cheats and then casts in his new play alongside his wife. Bogdanovich co-wrote it with his ex-wife Louise (they divorced in 2001.)

THE MOVIE: She's Funny That Way

THE MEAL: Charcoal-grilled steak

Cybill Shepherd also has a small role.

I saw it Sunday night and wanted to love it — not just because I enjoy Bogdanovich's best films but also because I love a comeback kid — especially a 76-year-old one who's guest-starred in two of my favourite TV shows, The Sopranos and Northern Exposure.

Besides, the cast is incredible, directors Wes Anderson and Noah Baumbach, who refer to Bogdanovich as "pop," are both executive producers, and Bogdanovich, who has an encyclopedic knowledge of film history — "From the age of 12 to 30, he saw close to 4,000 movies and critiqued them all on index cards, which he still has," Vanity Fair recently wrote — knows the essence of what makes for a great screwball comedy. In many ways, his 1973 film Paper Moon outscrewballed the movies he was emulating.

But She's Funny That Way's only achievement, of sorts, was having Owen Wilson, Kathryn Hahn, Will Forte and Rhys Ifans in a movie that doesn't elicit one laugh.

Understanding the elements that makes something great doesn't guarantee a great finished product. Take steak houses. All you need is meat, potatoes, dark wood and old-school ambiance. But so few places do it right.

Barberian's, a Toronto steak house in the heart of downtown, has been hitting it out of the park with their food and service for 56 years. It's a place you want to take people you love: Richard Burton proposed to Elizabeth Taylor (the first time) there.

Feeling deflated by the movie and in need of a classic pick-me-up, we went to Barberian's after seeing She's Funny That Way, a comedy that had all the ingredients to be a hit. But unlike our steaks that were cooked perfectly over the hardwood charcoal grill, the film had no sizzle.

Jessica Allen is the digital correspondent on CTV's The Social.

Now playing

DRAMA

War Room

Director: Alex Kendrick
Staring: Priscilla Shirer, T.C. Stallings

Tony and Elizabeth Jordan have it all — great jobs, a beautiful daughter, a dream house. But appearances can be deceiving; and their marriage is failing. Their lives take an unexpected turn when Elizabeth meets Miss Clara and is challenged to establish a "war room" and a battle plan of prayer for her family.

ROTTEN TOMATOES™ SCORE
Critics: NOT YET REVIEWED
Audience: +79%

SCI-FI

Z for Zachariah

Director: Craig Zobel
Staring: Margot Robbie, Chiwetel Eijofor, Chris Pine

A young woman survives a nuclear war, fearing she may actually be the proverbial last woman on Earth, until she discovers the most astonishing sight of her life: another human. A fragile, imperative strand of trust connects them. But when a stranger enters the valley, their precarious bond begins to unravel.

ROTTEN TOMATOES™ SCORE
Critics: 86%
Audience: +94%

ACTION & ADVENTURE

Turbo Kid

Director: Anouk Whissell, François Simard, Yoann-Karl Whissell
Staring: Munro Chambers, Laurence Leboeuf

Set in a post-apocalyptic 1997, this retro-futuristic and nostalgic tribute to '80s action-adventure films follows an orphaned teenager who goes on an adventure to save his female-robot companion from the hands of an evil warlord who controls the water supply.

ROTTEN TOMATOES™ SCORE
Critics: 94%
Audience: +87%

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Just can't feel 2015's song of the summer

POP CHART

No single had enough spin to be the big hit of the season

SOUND CHECK

Alan Cross

I've never been party to this whole nonsense of declaring a "song of summer" until now That's because there isn't one for 2015.

If we go back through the decades, there has always been a SotS, a multi-week chart-topping track that a) was ubiquitous to the point of annoying; b) was singable by even the most casual music fan; c) was the cause of headache-inducing earworms; and d) — and this is the nebulous part — encapsulated the zeitgeist of that particular northern hemisphere summer.

Need some examples? Satisfaction from the Stones back in '65. The Knack and My Sharona from '79. When Doves Cry from Prince in '84. In 1996, it was all about Macarena by Los Del Rio. Umbrella from Rihanna in 2007. You get the idea.

But 2015 is different. As far as anyone can tell — and I track all the charts and radio sites and music blogs — no song meets the accepted SotS criteria this year. There's no Blurred Lines, no Call Me Maybe, no Fancy, no Somebody I Used to Know. Nothing that anyone can call a true anthem for those months between May and September. Nothing that, when we hear it years from now, we'll say "I remember that year! It's when [fill in the blank]." Nothing that will instantly get aunts and uncles dancing awkwardly at a wedding in two years.

Well, what about Trap Queen by Fetty Wap and Cheerleader by OMI? Both made pop culture inroads but not to the extent that previous SotS songs have. See You Again by Wiz Khalifa was huge, but it's too sombre.

What about Taylor Swift. Shake It Off? Peaked too soon. It was a massive hit in the spring but by time summer rolled around, it was on its way down the charts.

Both OMI, left, and Beck had SotS contenders that didn't quite pop off the charts. GETTY IMAGES

What about her Bad Blood? The video turned off too many people. Can't Feel My Face by The Weeknd? Maybe if it had been released earlier. It's only peaking now. It's too late.

Personally, I'll associate the summer of 2015 with Beck's Dreams, but it didn't have the requisite multiple-week stay at the top of the singles charts.

What happened? The big pop stars (aside from Ms. Swift) have been AWOL this summer. Music consumption continues to fragment. Radio alone no longer dictates those massive consensus-building hits.

Or maybe — just maybe — no one wrote a great summer pop song this year.

The Weeknd GETTY IMAGES

MUSIC NOTES

Beauty Behind the Madness

Before his new album, The Weeknd had become an alt-R&B figurehead, mostly on the strength of his sunless mixtapes populated by dour tours of joyless nights at the club.

Though he had proven a gift for crafting alluring atmosphere in his music, he had only once penetrated the Top 60 on the U.S. singles chart and had seldom seemed interested in catering to the broadest tastes.

In less than a year, he's scored four Top 10 hits, including his first No. 1 in Can't Feel My Face. It's a near-unprecedented run for an R&B singer, particularly a press-averse Canadian who sings ennui-haunted odes to cursed drug trips. THE CANADIAN PRESS

NEW RELEASE

Getting ready for The Weeknd

From start to finish — quite literally — the Weeknd's hulking smash album Beauty Behind the Madness features the handiwork of Canadian songwriter Stephan Moccio.

The 42-year-old from St. Catharines, Ont., co-wrote both the album's opener Real Life and its closer, Angel, plus its double-platinum centrepiece single Earned It.

If the Weeknd's ascent from melancholy wallflower to perhaps the world's most sizzling pop star seems unlikely, well, so is the odd couple partnership between two Canadians.

"We don't know exactly how it works," an energetic Moccio said ahead of the Friday release of Beauty Behind the Madness.

"You've got a guy who sings these edgy lyrics and you got a guy who composes classical music and loves pop songwriting, and you put them in the room together, and the result is something really special.

"You wouldn't necessarily think that. I come from the classical world and he comes from the dark hip-hop world.

"But we've become collaborators and friends for life."

Moccio first met Abel Tesfaye, a.k.a. The Weeknd, when the majestically coiffed singer walked into his Los Angeles studio last October.

"We connected very fast — like brothers," Moccio said.

"The marriage is in a lot of ways a really perfect one on a creative level," Moccio said. "We both know it. His team knows it.

"We're already thinking of the next album." THE CANADIAN PRESS

We're just a modern-day (Burt) Bacharach and Hal David. We need each other.

Stephan Moccio, who co-wrote three songs on The Weeknd's new album, right.

metro TRAVEL
Your essential daily news

Nuts and boiled eggs are healthy snack options for vacationers on the go

Road therapy

SOLO TRIP

Finding inner peace driving 3,600 km across the Maritimes

Jennifer Foden
For Metro

Needing an escape from home in Toronto, I wound up in Newfoundland in mid-April on a whim to road-trip solo to New Brunswick. I had no plan or real route in mind, relying on people I met along the way to best advise.

I didn't realize that driving more than 3,600 kilometres by myself would not only afford me the time to reflect on my life, but also provide me with the opportunity to meet dozens of strangers, who amazed me with their East Coast kindness daily. Both this time and care were almost like therapy, bringing me back home more at peace than when I left.

TRAVEL ON THE CHEAP
I spent roughly $1,750 for 15 days. This included the car rental/insurance (which alone was $1,000), gas, food, beer, entertainment, etc. It helped that I never paid for accommodation thanks to couchsurfing.

1 Microbrews and hiking in Newfoundland

I started my journey in St. John's, couchsurfing with a laid-back farmer I found through couchsurfing.com. He not only opened his home, but offered me up home-cooked meals, local brews and literally the coat off his back. He and his artsy pals suggested I check out local microbrewery Quidi Vidi (located in a charming fishing village just outside the city) and hike the Earth's mantle at the Tablelands in Gros Morne National Park (650 kilometres west of St. John's). I did both.

2 Good eats and good company in Nova Scotia

I took the ferry to Nova Scotia before messaging a friend of a friend who lived in Halifax. I had reached out to him to meet up for a drink that night — he called and insisted I crash in his spare room for as long as I wanted. We drove to Hubbards, along the north shore of St. Margarets Bay, where we sat on the beach and ate the best clam chowder of my life from Trellis Café. We also drove through Lunenburg, a port town full of vibrant architecture.

3 Finding the beef in P.E.I.

I arrived in Prince Edward Island during Burger Love, a month-long celebration of Island beef that has restaurants across the province creating one-of-a-kind burgers. While you may not be passing through during this annual event, it needs to be said that P.E.I. (known for Anne of Green Gables and coastal drives) also has some amazing eateries. My couchsurfing host was keen to share a table with me: four burgers in two days. Favourites included Gahan House and the Prince Edward.

4 Going with the tides in New Brunswick

I wandered the ocean floor at Hopewell Rocks, and while it may be the iconic thing to do in New Brunswick, it's totally worth the visit. I then headed to Saint John, 150 kilometres southwest of Moncton, where I made new friends. They welcomed me into their home with open arms, where we shared beers and stories and they recommended Saint John City Market, which is filled with local food and art.

MAP: ISTOCK; PHOTOS BY JENNIFER FODEN/FOR METRO

READY TO ROLL

Checklist for thriving and surviving on a family road trip

Michael Palmer and his family didn't have to look further than their van to help them unplug from their busy schedules.

In 2013, he set off with his wife, Catharine Maxwell-Palmer, and their kids Andrew, Ryan and Jenna — now ages 11, nine and eight — on a cross-Canada adventure that took them from Calgary to the northern tip of Newfoundland and Labrador.

The author and entrepreneur documented their journey in his upcoming humorous travel book No Tranquilizers! 17,000 kms, 63 Days, 3 Kids, 1 Van.

Palmer has partnered with Canadian Tire to share road trip tips for families embarking on their own adventures. Here are four ways to get ready for the ride:

1. Don't overplan
Palmer said the family had a lot of fun and saw many beautiful places, but admitted they "probably packed in too many destinations."

"Looking back, we were almost jumping around a bit too much at times. We really didn't have a chance to sit there and smell the roses."

He said it's important to involve everyone in the decision-making to help foster a greater connection and excitement.

2. Don't overpack
Palmer said they only wore about half of what they brought.

"It's good to have some things in place. Some extra clothing, some rain jackets ... because you're going to go through a lot of the elements, fog and rain and what have you. But you've got to be reasonable about it."

TIME SAVER
A GPS can help ensure travellers don't veer too far off course or schedule.

3. Keep kids occupied — but limit screen time
"When you're in a vehicle for five or six hours a day, things can get a bit snaky in the back seat with the kids. They can be bored, they can be tired, they can be hungry," said Palmer.

He said they like to pack an "entertainment bag" for each child, which they can tailor with their favourite car games, puzzles or books. They also enjoyed outside viewing activities like the alphabet game, in which participants try to locate items starting with the letter "A" and so on.

"We're trying to engage them with the outside world so they aren't just plugged into screens all the time," said Palmer, noting that screen time was limited to 45 minutes daily.

4. Prepare for the unexpected
As they travelled through Cape Breton, N.S., Palmer said his daughter had the flu and wound up vomiting in the back seat.

He recommended having sanitizing wipes at the ready, as well as an emergency roadside kit.

Palmer said they'd drive five to six hours a day, stopping for breaks every 2 1/2 hours. As the trip wore on, even the break habit evolved — especially when nature called.

"In the beginning, we tried to stick to clean bathrooms and gas stations.... Then near the end ... we'd just pull over to the side of the road and the kids would use the washroom with cars whizzing by." THE CANADIAN PRESS

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EDUCATIONAL FUN

Get the kids back in the learning head space with these museums

ON THE MOVE
Loren Christie

As the classroom beckons, a visit to one of Canada's kid-friendly museums is the perfect way to end off summer and kick-start your child's brain before they head back to school.

Travel the world

The Canadian Children's Museum is housed within the Canadian Museum of History (formerly known as the Canadian Museum of Civilization) in Gatineau, just across the Ottawa River from Ottawa.

Within the museum's walls kids can travel the world: play with shadow puppets from Thailand, try on a kimono from Japan, relax in a Bedouin camp, shop a market in France or drive a brightly coloured Pakistani bus.

Fill up the passport given upon arrival with stamps as a souvenir of your visit.

Know your rights

The Magna Carta exhibit at Winnipeg's Canadian Museum for Human Rights is currently showcasing the world's most famous human rights charter, alongside some of Canada's most important foundational documents. Interactive technology makes these documents accessible and interesting to all ages.

For some hands-on fun, check out the family activity area, which includes a photo area where the kids can get decked out in medieval costumes, play a game of chess on a giant board, try their hand at calligraphy or relax in the reading lounge.

Official family days at the museum are Tuesday, Thursday and Sunday.

The Canadian Museum for Human Rights in Winnipeg. ISTOCK

Playtime

The Montréal Science Centre offers some widely accessible and interactive exhibitions, which are perfect for kids. Game On chronicles the history of video games, which includes multiple playable stations, and Fabrik is a challenging workshop where kids take on creative challenges involving invention and assembly-work. The museum's theatre is currently presenting Pandas 3D and Cousteau's Secret Ocean 3D.

The museum is located in the quays of Old Montreal right next to the Montreal Zipline should your kids need some additional enticement.

Go back in time

The Royal British Columbia Museum in Victoria makes learning easy by presenting the natural and social history of the province in highly realistic and immersive settings. From a woolly mammoth in his rocky, icy world to a trip on the tar-scented HMS Discovery, kids will be easily charmed by this first-class museum.

A stroll through Old Town's wood-cobbled street complete with shops, cinema and a railway station is like being in a giant dollhouse. There are educators throughout the family-friendly facility ready to answer any questions your eager learners might have.

TRAVEL NOTES ECO-TOURS, TEMPLES AND CHEAP DIGS

Latin adventure

Signature vacations just launched Off the Beaten Path, a program that lets you add full- or half-day tours to your all-inclusive vacation, booking before you travel. Locations so far include Costa Rica, Panama, and La Ceiba and Roatán in Honduras. Go on sight-seeing tours, canoe trips, discovery hikes, adventure sports and more. Visit SignatureVacations.com.

Bucket list: Angkor

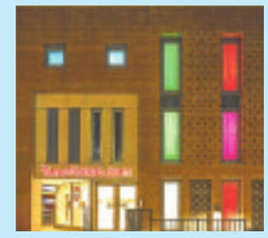
At Angkor in northern Cambodia, once the largest pre-industrial city in the world circa 800 AD, more than 1,000 Hindu and Buddhist shrines rise up from the jungle near Siem Reap. Angkor Wat is the centrepiece complex, with 10th-century temple Banteay Srei considered one of the crown jewels. A three-day visit will barely scratch the surface. Go to TourismCambodia.com.

Unbundling trend

With enterprises like Airbnb getting more and more action, budget hotel chains are taking a hit. With a cue from the airlines, Malaysia-based Tune Hotels is giving guests the chance to pick and pay for amenities they want. You start with a bare-bones price, then opt in for things you will use (hairdryer, safe, certain toiletries, TV, etc.). Visit TuneHotels.com. DOUG WALLACE

Hot springs at Rincón de la Vieja Volcano National Park, Costa Rica. CONTRIBUTED

Temples of Angkor, Cambodia. KATHRYN LIPTROTT



Tune Hotel, Canary Wharf, London. CONTRIBUTED

metro SPORTS
Your essential daily news

Russia is launching a Moscow-to-Beijing rally to rival Dakar

IN BRIEF

Moose to play first home game on Oct. 15

The Manitoba Moose will play their first home game in Winnipeg since 2011 on Oct. 15.

The AHL released its full schedule on Thursday, and the Moose, who spent the last four seasons in St. Johns as the IceCaps, will start the 2015-16 season on the road on Oct. 9 when they take on the Toronto Marlies.

The team will play its first game at MTS Centre since 2011, when they take on the Ontario Reign Oct. 15.

The Moose said recently they have reached sales of about 4,000 season tickets for the upcoming AHL season. METRO

Reports suggest Sinclair injury not so severe

The prognosis on Canadian captain Christine Sinclair, who had to be helped off the field last weekend in a National Women's Soccer League game, may be better than initial reports suggested.

Sinclair, who injured her left leg in a collision in Portland's 1-0 loss in New Jersey on Saturday, watched the Thorns' practice Wednesday with ice on her ankle, according to the Oregonian.

A Thorns spokeswoman said there was no update available following a scheduled MRI, but Canadian national team coach John Herdman said his understanding was the injury is not that serious.

THE CANADIAN PRESS

Blue Jays' bats kept at bay

MLB

Gallardo leads Rangers to win, avoiding sweep

Yovani Gallardo earned his 100th career victory, Delino DeShields kept running all the way home and the Texas Rangers ended Toronto's five-game winning streak.

After losing the first two games of the series, and their hold on the American League's second wild card, the Rangers avoided a sweep with the 4-1 victory Thursday.

DeShields had a part in every run even without an RBI, including his single that rolled under the glove of charging right-fielder Jose Bautista with two runners on in the seventh.

The ball wound up near the warning track and DeShields circled the bases on the error for a 4-0 lead.

"That's an exciting play. I was just happy to find a hole and give us a chance to get up, get some cushion," DeShields said. "It was fun running around the bases."

Gallardo (11-9) threw 5-1/3 scoreless innings, giving up three hits while striking out two and walking three on 101 pitches.

Gallardo became the fourth native of Mexico to win 100 games, joining Fernando Valenzuela (173), Esteban Loaiza (126) and Ismael Valdez (104).

"It just shows a lot of hard work, throughout the years, and it's definitely exciting," said Gallardo, the right-hander who improved to 100-73 in 241 career games with Milwaukee (2007-14) and Texas.

Shawn Tolleson worked the ninth for his 26th save in 28 chances. He had converted 12 straight before Tuesday night's series opener, when he gave up two runs in the ninth inning of a 6-5 loss. Edwin Encarnacion stretched his hitting streak to 22 games, the longest in the majors this season, with an RBI double in the Toronto eighth.

Delino DeShields of the Rangers slides home safely past the tag of Blue Jays catcher Dioner Navarro on Thursday in Arlington, Texas. SARAH CRABILL/GETTY IMAGES

THURSDAY In Texas

RANGERS	BLUE JAYS
4	1

He hit a scorching liner that got past DeShields in right-centre as Bautista scored from first.

In the Texas seventh, slow-running catcher Bobby Wilson was going to be held up at third until the ball got past Bautista. Rather than bases loaded, Wilson and Hanser Alberto scored with the speedy DeShields following close behind.

"I just attacked the ball too hard," Bautista said. "I knew who was running at second. I knew they were going to stop him but I was too aggressive attacking the ball."

THE ASSOCIATED PRESS

NEXT UP

After an eight-game road trip, Toronto opens a nine-game homestand Friday night against Detroit. R.A. Dickey (8-10, 4.26) will take the mound against former teammate Matt Boyd (1-4, 7.04), who was part of the David Price trade.

AMERICAN LEAGUE

Shoemaker tosses gem against Tigers

Matt Shoemaker pitched one-hit ball into the eighth inning in his hometown ballpark, Albert Pujols drove in one run and scored another and the Los Angeles Angels beat the Tigers 2-0 in Detroit on Thursday.

The Angels began the day trailing Minnesota by one game for the second American League wild-card spot, with Texas also a half-game ahead of them.

Shoemaker (6-9) walked one and struck out five in 7-1/3 innings. THE ASSOCIATED PRESS

Matt Shoemaker GETTY IMAGES

IN BRIEF

Ventura overpowers O's

Yordano Ventura struck out a career-high 11 in just six innings, Paulo Orlando homered and the Kansas City Royals hung on to beat the struggling Baltimore Orioles 5-3 on Thursday.

Ventura (9-7) allowed two hits and four walks to improve to 5-0 in his last seven starts.

Orioles all-star centre-fielder Adam Jones left the game soon after crashing into the wall trying to track down a fly ball in the first.

THE ASSOCIATED PRESS

Rookie's grand slam helps Giants tame Cubs

Kelby Tomlinson hit a grand slam for his first career home run and Marlon Byrd added a three-run shot, leading Madison Bumgarner and the San Francisco Giants over the Chicago Cubs 9-1 on Thursday.

The win moved the Giants within 5-1/2 games of the Cubs for the second NL wild-card spot.

Bumgarner (16-6) struck out 12 in six innings, giving up one run and two hits.

THE ASSOCIATED PRESS

NATIONAL LEAGUE

Greinke, Dodgers shut out lowly Reds

One run on a double-play ball was the total sum for the Los Angeles Dodgers' hitters on Thursday.

That was all Zack Greinke and the bullpen needed.

Greinke and two relievers combined on a four-hitter and the NL West leaders completed a three-game sweep of the reeling Cincinnati Reds with a 1-0 win on Thursday.

"Zack was his typical Zack," Dodgers manager Don Mattingly said.

Zack Greinke GETTY IMAGES

"He was good all day."

Greinke (14-3) lowered his major league-best ERA to 1.61, giving up four hits over seven innings. He finished with two walks and nine strikeouts while improving to 7-2 in 12 games against Cincinnati.

THE ASSOCIATED PRESS

IN BRIEF

Legendary dunker Dawkins dies at age 58

Darryl Dawkins, whose backboard-shattering dunks earned him the moniker "Chocolate Thunder" and helped pave the way for breakaway rims, has died. He was 58.

Darryl Dawkins
GETTY IMAGES

The Lehigh County, Penn. coroner's office said Dawkins died Thursday morning in hospital. Dawkins' family said a heart attack was the cause of death. Officials said an autopsy was scheduled for Friday.

"Darryl touched the hearts and spirits of so many with his big smile and personality, ferocious dunks, but more than anything, his huge, loving heart," his family said in a statement. THE ASSOCIATED PRESS

Bouchard getting help from Jimmy Connors

Eugenie Bouchard is getting a little help from Jimmy Connors ahead of the U.S. Open.

Bouchard's management company said Thursday that the Canadian and Connors have "no long-term plans at this time" for a coaching arrangement.

The statement said Bouchard and Connors, an eight-time major champion, "have been friends for a few years" and that the two are working together this week while Connors is in New York.

THE ASSOCIATED PRESS

Spieth sputters to open FedEx Cup playoffs

The start of the FedEx Cup playoffs brought out the worst score from Jordan Spieth in three months.

In his first tournament as No. 1 in the world, Spieth had a pair of three-putt bogeys, hit a tee shot in the water, shot 40 on his back nine and wound up with a 4-over 74 in the opening round of The Barclays.

Bubba Watson and Tony Finau powered their way around Plainfield Country Club in New Jersey and each had a 5-under 65. They were in a four-way tie for the lead that included Spencer Levin and Camilo Villegas, players who are in dire need of a good week.

THE ASSOCIATED PRESS

Bolt defeats Gatlin, then gets slew-footed

200M SPRINT

Jamaican beats Gatlin in Round 2 before Segway bowls him over

Only when the running stopped and the picture-taking began did Usain Bolt finally meet his match.

Bolt blew past Justin Gatlin and everyone else Thursday night in the 200 metres to win his 10th career gold medal at the world championships.

What finally upended the six-foot-five Jamaican was a multitasking cameraman riding a Segway while videotaping Bolt's victory lap. The scooter ran over the outcropping of a metal railing bolted to the edge of the track and bobbled off course — then slammed into the back of the fastest two legs on the planet.

Bolt's legs came out from under him and he went down hard and landed on his backside. Then, smooth as silk, he somersaulted backward onto his feet, jogged a few steps and reached down to make sure his left leg was OK.

Usain Bolt's legs survived Justin Gatlin in the 200-metre final, then a collision with this photographer on his victory lap.
ANDY WONG/THE ASSOCIATED PRESS

He was no worse for wear but figured he'd try to make the evening at least a little more interesting. "The rumour I'm trying to start right now is that Justin Gatlin paid him off," Bolt said, while sitting next to Gatlin in the medallists' news conference. Gatlin's response: "I want my money back. He didn't complete the job."

Indeed, it may take more than just a motivated opponent to finish off Bolt, who now has five gold medals at the Bird's Nest, including the three he took at the 2008 Beijing Olympics when he set world records in the 100, 200 and 4x100 relay. The split-second scare with the Segway provided what Bolt's season-best 19.55 seconds on the track did not. Namely, drama.

This was billed as the second round of the Bolt vs. Gatlin series that produced the champion's grittiest win four nights earlier. Bolt's .01-second victory in the 100 came despite a year's worth of injuries and off-form running that continued all the way through the semifinals. Like most sequels, Part II didn't live up to the original.

Bolt coasted in and still won by .19 seconds. The winner used his thumbs to point at himself as he crossed the finish line and flashed his index finger: He's No. 1 — just in case anyone had any doubts. THE ASSOCIATED PRESS

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RECIPE Shrimp, Mango and Soba Noodle Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 8 minutes
Serves 4.

Ingredients
- 4 oz soba noodles
- 1 cup sliced sweet onions
- 1 1/2 cups sliced red bell pepper
- 1 1/2 cup sliced mango strips
- 12 oz shelled, defrosted deveined large shrimp
- 1 Tbsp Sriracha
- 2 tsp minced ginger
- 2 Tbsp chopped cilantro
- 3 Tbsp toasted chopped cashews

Dressing
- 3 Tbsp sweet red chili sauce
- 2 Tbsp low sodium soy sauce
- 1 Tbsp vegetable oil
- 2 tsp sesame oil
- 2 tsp lemon juice

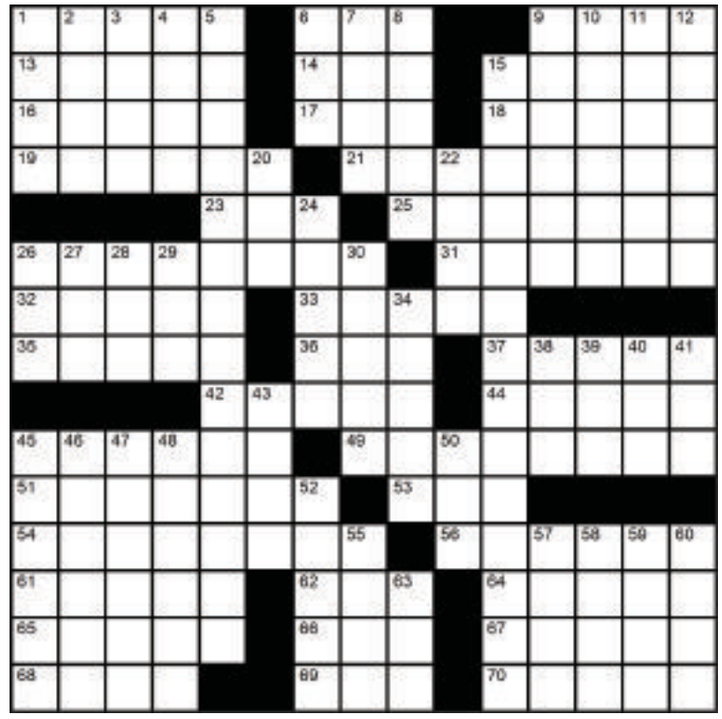
Directions
1. Cook soba noodles just until tender, about eight minutes. Drain and rinse with cold water. Add to a large bowl along with onions, bell peppers and mango.
2. Meanwhile, in a large skillet sprayed with vegetable oil, add shrimp, Sriracha and ginger. Sauté for five minutes or until just cooked. Let cool.
3. Dressing: Combine all ingredients and pour over noodles and vegetables. Mix well, place on serving platter, top with shrimp, cilantro and cashews.

Nutrition per serving
- Calories 340
- Protein 24 g
- Carbohydrates 40 g
- Fibre 2 g
- Total fat 2 g
- Saturated fat 2 g
- Cholesterol 130 mg
- Sodium 850 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Surname of "The Flintstones" co-creator
6. Contribute
9. Light fog
13. Classic theatre
14. Riddle-me-_
15. Hertz _ _ Car
16. Involved in the activity
17. Mr. Watanabe of movies
18. Canadian doctor, the 'Father of Modern Medicine', William _ (b.1849 - d.1919)
19. Snoozing
21. Business presentation graphic: 2 wds.
23. Sanction
25. Patrick of "The Red Green Show"
26. John _ (Head Coach of the Calgary Stampeders)
31. More visibly embarrassed
32. Kettle part
33. Trim again
35. Procol _ (British band)
36. "Norma _" (1979)
37. Liquid dish soap scent
42. Baker's supply
44. Sports venue
45. Overly basks in one's triumph
49. French Protestant who believed in the doctrines of theologian John†Calvin (b.1509 - d.1564)
51. Military craft locale: 2 wds.
53. Earth's lamp with seafood
15. Bruce Cockburn song with this projectile weapon in the title: 2 wds.
20. Nail down
22. Almond shade
24. Hamilton songstress Ms. Lightfoot
26. Prince Albert of Monaco's title letters
27. Work _ _ sweat
28. 'F' in FWIW
29. _-chah-nulth (People of the Pacific Coast of Vancouver Island)
30. Dog walker's need
34. The Whale constellation
38. Another time, long ago
39. Sign on a restroom door
40. "Thou, too, sail _, _ Ship of State!" - Longfellow
41. _ Geo (Nature mag, fun-style)
43. Feminine suffix
45. Jailed, in Britain
46. Chauffeur's uniform
47. Beaver State
48. Grate
50. Director Mr. Van Sant
52. Too soon
55. Kennedy matriarch
57. City in Nevada
58. Reverse
59. Gift tag word
60. 1950s cars features
63. Banned insecticide
54. Domineer
56. Nape
61. "Street _" (1987 to 1994 Canadian series)
62. Curtains holder
64. French artist Mr. Matisse
65. Gnaw geologically
66. Psychedelic drug
67. _ _ a high note
68. Unit of force
69. Nevertheless
70. Inn's booked spots

DOWN
1. Daytime TV host Ms. Kotb
2. Hubbubs
3. "Song Sung Blue" singer Mr. Diamond
4. Zero
5. Film about New Zealand writer Janet Frame, "An _ _ _ _" (1990)
6. Sacred chest
7. Way down in the ground
8. Jeans fabric
9. Interlocked
10. From the shore
11. Laurence _, 18th-century author of Tristram Shandy
12. Sauce served

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be tempted to mess with something that, while not working perfectly, is still going okay. Resist the urge, making changes today could do more harm than good.

Taurus April 21 - May 21
You don't usually have doubts but you may hesitate today. The good news is that your indecision will in a strange way work in your favour.

Gemini May 22 - June 21
Don't be fooled by someone who wants you to believe that your paths have crossed purely by chance. Be friendly but don't be taken in by any offers they might make, almost certainly they are designed to make them rich and you poor.

Cancer June 22 - July 23
Some of the people you meet today will be touchy for no reason. Don't get caught up in their petty disputes, because you have issues of your own that need dealing with.

Leo July 24 - Aug. 23
You may be tempted to give up on something but the planets warn it is likely you are not seeing things straight. The tide will turn in your favour soon. Don't take any drastic decisions today.

Virgo Aug. 24 - Sept. 23
You are strongly advised to resist taking risks where the odds are stacked against you. You don't have to be negative but you do have to be sensible.

Libra Sept. 24 - Oct. 23
Because you feel vulnerable you may be inclined to think there is a hidden catch to what you are now being offered. You could not, in fact, be more wrong, so go for it or you could miss out on something good.

Scorpio Oct. 24 - Nov. 22
Friends may beg you to get involved in something they promise will be a lot of fun but your sixth sense tells you there is more to it than that, and your sixth sense is rarely wrong. Do only what you feel comfortable with.

Sagittarius Nov. 23 - Dec. 21
Success is coming but you will have to wait a few more weeks. The longer you have to wait the bigger the rewards you will receive. Be patient.

Capricorn Dec. 22 - Jan. 20
You are advised not to act on what you hear today, no matter how tempting. The information you get, even if it comes from a trusted source, is not reliable, so hold back and wait to see how things develop.

Aquarius Jan. 21 - Feb. 19
You could get fixated on something that in the greater scheme of things is of only minor importance. Strive to keep things in perspective today.

Pisces Feb. 20 - March 20
You may prefer to give people the benefit of the doubt but you should be wary of someone you think you can trust. Yes, maybe you are being suspicious for no good reason, but better safe than sorry.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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